

# At a glance **Feeding** cues

## Early cues *These mean, "I'm hungry"*



**Stirring**



**Mouth opening**



**Turning head seeking/rooting**

## Mid cues *These mean, "I'm really hungry"*



**Stretching**



**Increasing physical movement**



**Hand to mouth**

## Late cues *These mean, "I'm really upset! You need to calm me first, then feed me"*



**Crying**



**Agitated body movements**



**Colour turning red**

**Calm baby:** *Try cuddling, skin-to-skin contact on chest, talking and stroking*



*Print and keep for handy reference*